

CLASS DESCRIPTIONS

CARDIOVASCULAR TRAINING: *Designed to condition the heart and lungs, while burning fat and calories.*

AMRAP	As Many Reps As Possible! Need a push? This heart pumping workout has it all. This class consists of timed cardio circuits mixed with push-ups and abs, sure to make you burn lots of calories.
BODY XTREME	Energetic, intense combo of cardio styles and total body conditioning. This class will challenge you to push yourself to your limits.
CARDIO SCULPT CYCLE	Combinations of cardio intervals interspersed with strength work Group rides on stationary fixed gear bikes. Rides may focus on challenging drills with brief recovery periods or keeping cadence against heavier resistance. Great workout for competitive, recreational, or beginner cyclists. * Anyone new to Cycle, please arrive early to be shown how to adjust your seat properly and work the resistance on the bike.
INSANITY	MAX Interval Training, which replaces traditional moderate-intensity exercise with maximum-intensity exercise, and trades short intervals of intensity for short periods of rest. Adding high-intensity exercise forces the body to use fast-twitch muscle fibers not normally engaged in cardio exercise. These fast-twitch fibers continue burning fuel even during lower-intensity exercise.
LOW IMPACT	Intervals of light cardio and light sculpting are combined making this class perfect for the person who wants a lighter workout, the mature exerciser, new timers, or someone recovering from injuries.
METRO MILERS	Metro's own running group. For beginners to long time runners. No one is left behind!
POWER 45 CYCLE	45 minute cardio and music driven cycle
RACE AND RIPPED	30 minutes of cycle followed by 30 minutes of sculpting. Ideal combination just before the weekend.
RESULTS ON THE TRACK	Class designed for fun on the track. A lighter workout designed to work out at your own pace for the more mature person, people new to exercise, those recovering from injuries and those who just need a lighter workout after an intense week of exercise. We focus on cardio, upper/lower body strength, BALANCE, and stretching.
SPINERVALS	Everyone's favorite cycle class mixed with intervals of running and plyometrics. Both fun and challenging workout!
STEP INTERVALS	60 minutes of basic step mixed with short bursts of interval style exercises.
TABATACISE	Experience the benefits of "afterburn" with this cardio/strength workout based on intense interval training with a work to rest ratio of 2/1.
TRAINING CAMP	Reap the benefits of this ultimate calorie burning workout through challenging cardiovascular and resistance training.
TRX SUSPENSION	Make "you" the toughest machine yet! A total body workout with strong core emphasis, using the TRX suspension system.
TURBO KICK	The ultimate cardiovascular challenge complete with a sport specific warm-up, bouts of intense intervals, easy to follow combinations, kickboxing specific strength/endurance training.
ZUMBA	A cardio workout with Latin flare. Learn the fun and easy steps of the Salsa, Cumbia and Merengue combined with a little Hip Hop and Reggaeton and you have your self an effective workout that will tone and sculpt the body.

STRENGTH TRAINING & MUSCLE CONDITIONING: *Designed to develop strength and tone the muscles.*

BAR & BURN	Feel the burn with a combination of bar movements, sculpt and cardiovascular exercises that are sure to get your heart rate going. Work a combination of the smaller muscle groups and larger muscle groups with 3 lbs. weights, accompanied with compound and body-resistance movements. This workout is the total package and is sure to lift, tone and tighten!
MUSCLE MIX	A combination of exercises using different forms of resistance training that condition the entire body. Functional and body weight exercises are also included. You will leave with total muscle exhaustion.
PIYO	Combines the muscle-sculpting core firming benefits of Pilates with the strength and flexibility advantages of yoga. Speed is cranked up to deliver a true fat-burning, low impact workout that leaves your body long, lean and defined.
SCULPT/SCULPT LITE	Progressive resistance training for muscular strength and endurance. This class may utilize bars, dumb bells, ankle weights, gliders, bosus, tubing and bands.
SCULPT DOWN	This class is based on Metabolic Resistance Training and combines simple resistance and cardio moves into a timed circuit for mat. Short recovery periods during the circuits help maximize caloric burn during and after the workout. A variety of equipment is utilized during class to assist in body sculpting.

MIND / BODY FORMATS: *Develop strength and flexibility while focusing on balance and relaxation.*

DYNAMIC FLOW	Class will offer a wide variety of yoga asanas (postures) providing modifications if needed. Working on breath work and linking it to postures. This class will provide the student with a more fluid practice to build strength, endurance, and flexibility to help you stay centered. Newcomers Welcome!
*GYROKINESIS	Exercises done on a stool and on a mat, are designed to restore full range of motion to the joints and the spine while strengthening deep core abdominal muscles. The goal is to lead the body to its greatest potential strength, flexibility and overall health, creating a body in balance.
PILATES INTRO / I / II	A class done on mats with emphasis on the core of the body. Also develops flexibility as well as strength. Level II is open to members with instructor's approval.
*PILATES FOR CORE STABILITY	Pilates mat class designed for alignment and core stability. This class is suitable for members with osteoporosis, back, shoulder or neck problems. Please inform the instructor prior to class.
PILATES PLUS	Pilates I mixed with elements of both Bar style classes.
POWER TO YIN	Modified vinyasa flow class that focuses on lower lumbar, hips, thighs and some shoulder and chest openers. In this class you will get to stay in these asanas (postures) 3-5 minutes challenging yourself to relax as each asana has many benefits to a better you. This class is open to all levels
*RESTORATIVE YOGA	A gentle, calming and therapeutic type of yoga that promotes the effects of self conscious relaxation. Uses props to support the body and deepen the benefits of the poses.
*STRETCH YOGA	Ideal for helping to experience the benefits of increased, flexibility, improved circulation and more energy. Postures are geared to suit a variety of levels.
YIN YOGA	Yin Yoga focuses on lengthening the connective tissue. It will consist of holding certain poses up to 5 minutes at a time. Only 5 -6 poses will be given per session. People gain greater flexibility from this particular style of yoga and balance the body on both sides.
YOGA	An eclectic blend of yoga styles, including breathing, poses, and relaxation. This class is for the person that has some experience with yoga.